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Our five delicious cocktails from one of England's coolest bars will leave you pleasantly tipsy PAGE 16

Wonderful world of Walt, reworked

Coming from Disney's vault: Walt's voice revived and vintage Mickey in 3D PAGE 14

FAKE DENTIST FACES ARREST

PROVINCEWIDE WARRANT ISSUED FOR TUNG SHENG WU, WHO'S ALSO BEEN BARRED FROM PRACTISING PAGE 3

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This ad for Science World's Science of Sexuality exhibit was banned from bus stops in Vancouver.
COURTESY RETHINK

International buzz over bawdy ads hits climax

Science World. Campaign for Sexuality of Science exhibit grabs global media attention

KATE WEBB
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An audacious ad campaign promoting the Science of Sexuality exhibit at Vancouver's Science World has gotten a rise out of media outlets around the world.

One of the ads features a woman in a leg cast lying with her legs spread and a man on top of her, with a factoid below explaining "Orgasms kill pain." Another displays numerous balls of wadded-up tissues and reads "Ejaculation fights colds."

Since BuzzFeed featured the series on its website last Friday, the story has spread to the U.S., India, France, New Zealand and Mexico.

"It's awesome," said Science World marketing assistant Andre Coronado, who worked on the campaign with award-winning ad agency Rethink.

"I guess we're pretty well known here in the Lower Mainland, I would like to say, but just getting the international attention, even from people that speak different languages from around the world, that's really what we like."

Coronado says he knew from the outset the campaign would push boundaries, and sure enough two of the three ads were banned from local bus stops, where Science World often advertises its exhibits.

But he says he doesn't mind because Science World is happy just to be able to use the cheeky ads online.

"We just wanted to kind of show off the personality of Science World in the sense that we're really serious about our science facts, but we also want to make science fun and engaging," he said.

The Science of Sexuality exhibit is geared at youth ages 12 and up and covers subjects such as puberty, attraction, seduction, desire and intimacy in a sex-positive way.

It runs until Sept. 2.

Follow Kate Webb on Twitter @MetroK8

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Philippines-trained dentist stumbles on sound advice

While most people don't find comfort in old magazines in their dentist's waiting room, that wasn't the case for Dr. Rosemarie Sia. The newcomer to Canada stumbled on sound financial advice while flipping through a periodical at the clinic where she volunteered.

"Even magazines on the coffee table have their purpose," laughs Rosemarie, a foreign trained orthodontist who knows every facet of a dental practice. In her case, she noticed an ad for the ***Scotiabank StartRight***® Program[1] and the phone number for Melinda Manlapaz, a fellow Filipino and Branch Manager at Toronto's Lawrence and Birchmount Branch.

Rosemarie's discovery was part of her improving luck, following mixed experiences since coming to Canada. She arrived one month earlier to realize that her job search would be harder than expected. She also saw how tasks like apartment hunting and banking aren't easy in an unfamiliar country.

"It was hard, but I was focused on making this change to give better opportunities to our children," recalls Rosemarie, who landed two months before her husband Artemio and their two teenagers. "Luckily I was prepared and I contacted old friends who helped a lot." In fact, a high school classmate referred her to the Scarborough dental clinic that provided her with Canadian work experience.

Finding Melinda Manlapaz from Scotiabank® was also a turning point, since Rosemarie had opened an account at another institution, but was unhappy with their indifferent service. "The other bank didn't explain anything properly. They just hand you the package and I could never reach them," notes Rosemarie. "In contrast, Melinda was very accommodating and she patiently answered our questions."

Rosemarie and Artemio were pleased with the ***Scotiabank StartRight*** package options, which includes a free day-to-day bank account for one year[2], a wide range of credit card options[3] and a number of other customized services and benefits.

They also promptly signed up for *Scotia*® Registered Education Savings Plans (RESP)** for their children, who would soon incur post-secondary expenses.

While Melinda advised the Sia family on many long-term goals, she also helped them obtain the financing for their own home faster than Rosemarie imagined: "Our mortgage was approved in less than a week, and we are moving barely a year after we got here."

A lot has transpired in 12 months, but the Sia family continues to aim for new goals. Artemio is also building their investment portfolio with a *Scotia*® advisor. Meanwhile, Rosemarie may retrain as an orthodontist after she completes her dental certification.

The ***Scotiabank StartRight*** Program helps open doors to a new start, with simple product solutions to get you started and more comprehensive solutions to help at each stage of your life in Canada.

"Whatever challenge a newcomer faces, from planning your move to choosing a bank, be sure to speak to the right people and shop around," concludes Rosemarie. She adds that good advice can come from unexpected sources, like a high school friend or the crumpled pages of a waiting room magazine.

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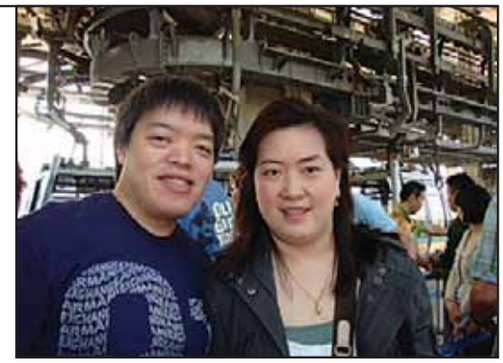

Newcomers Artemio and Rosemarie Sia are enjoying their personal and professional lives in Canada with sound advice and support from Scotiabank.

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Bogus dentist slapped with arrest warrant, permanent ban

David Wu. Case raises questions about how he could practise under the radar for 10 years

EMILY JACKSON
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A man who ignored a 2003 court order not to practise dentistry in B.C. has again been barred from treating patients.

The B.C. Supreme Court issued an injunction on Monday against Tung Sheng Wu, also known as David Wu, after the College of Dental Surgeons of B.C. discovered he had been operating an unsanitary clinic from his Burnaby home for the past decade.

The court also issued a provincewide warrant for his arrest, since Wu, 62, has been on the run since the college and RCMP seized his unsterilized equipment on May 29. Wu did not appear in court.

The college argues Wu deserves jail time, a hefty fine or both for contempt of the original court order. Last week, the Fraser Health Authority and the college warned Wu's 1,500 patients to get tested for possible exposure to hepatitis B, hepatitis C and HIV.

The college has also halted the shipment of Wu's minivan, packed with belongings, which was being sent overseas through Toronto.

Wu's whereabouts are unknown, but the college believes he has not left the country, said registrar and CEO Jerome Marburg at a news conference.

The case has sparked questions about how an unlicensed, unregistered dentist could practise under the radar of the authorities since 2003.

"Our understanding was that he was leaving the country," Marburg said, adding that the college didn't alert the public then because there was no evidence of infection control being breached.

It does not have the resources to follow up on injunctions, Marburg said, but merely relies on informants and complaints as they arise.

"If someone is aware of a dentist that's practising illegally, there's no shame in having gone or reporting that to us," he said. "The bottom line is that we fully suspect there are others out there."

Since the public was alerted about Wu's practices, Fraser Health has received a steady volume of calls from people calling on behalf of many family members, spokeswoman Erin Labbé said.

Help line

Anyone who was treated by David Wu is urged to call 1-855-895-7425.

David Wu, shown in a surveillance photo, has been on the run since the College of Dental Surgeons and RCMP seized his unsterilized equipment on May 29 in his Burnaby home. COURTESY COLLEGE OF DENTAL SURGEONS OF B.C.

Unionized workers at YVR threaten job action

Hundreds of unionized workers at Vancouver International Airport have voted in favour of a strike, with the union warning that a walkout could happen as early as the Labour Day weekend.

The airport was quick to stress that a strike vote is a routine step in labour negotiations, citing the facility's long history of labour peace.

The dispute involves about 300 members of the Public Service Alliance of Canada, who provide services such as emergency response, international-arrivals customer care, passenger loading, runway maintenance and lighting, general maintenance and administration.

In a vote last Thursday, 83 per cent of workers favoured a strike. The ballot automatically triggers a 21-day cooling-off period, said union vice-president Dave Clark, meaning the earliest the workers or employer could trigger a strike or lockout would be just before Labour Day.

Clark said the main issues are what the union considers concessions that the airport wants in a new contract, particularly around wages for tradespeople and procedures for contracting out work. The union also wants new provisions to allow some workers to extend their daily hours to work four days a week instead of five.

In Clark's assessment, the union and the airport are far apart.

"The employer is asking for what we feel are major rollbacks, and until they take those off the table ... these members are not going to accept it," he said. "Fundamentally, we're on opposite sides."

THE CANADIAN PRESS

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Young man dies after fall at SkyTrain station

Tragedy. 20-year-old Connor Alexander Richey plunged nine metres

A 20-year-old man has died after falling from a railing at the Commercial-Broadway SkyTrain Station on Saturday.

Connor Alexander Richey, of Roberts Creek, was returning with his girlfriend from a Whitecaps game at BC Place when he jumped up on a railing inside the station and sat on it facing the platform, Transit Police say.

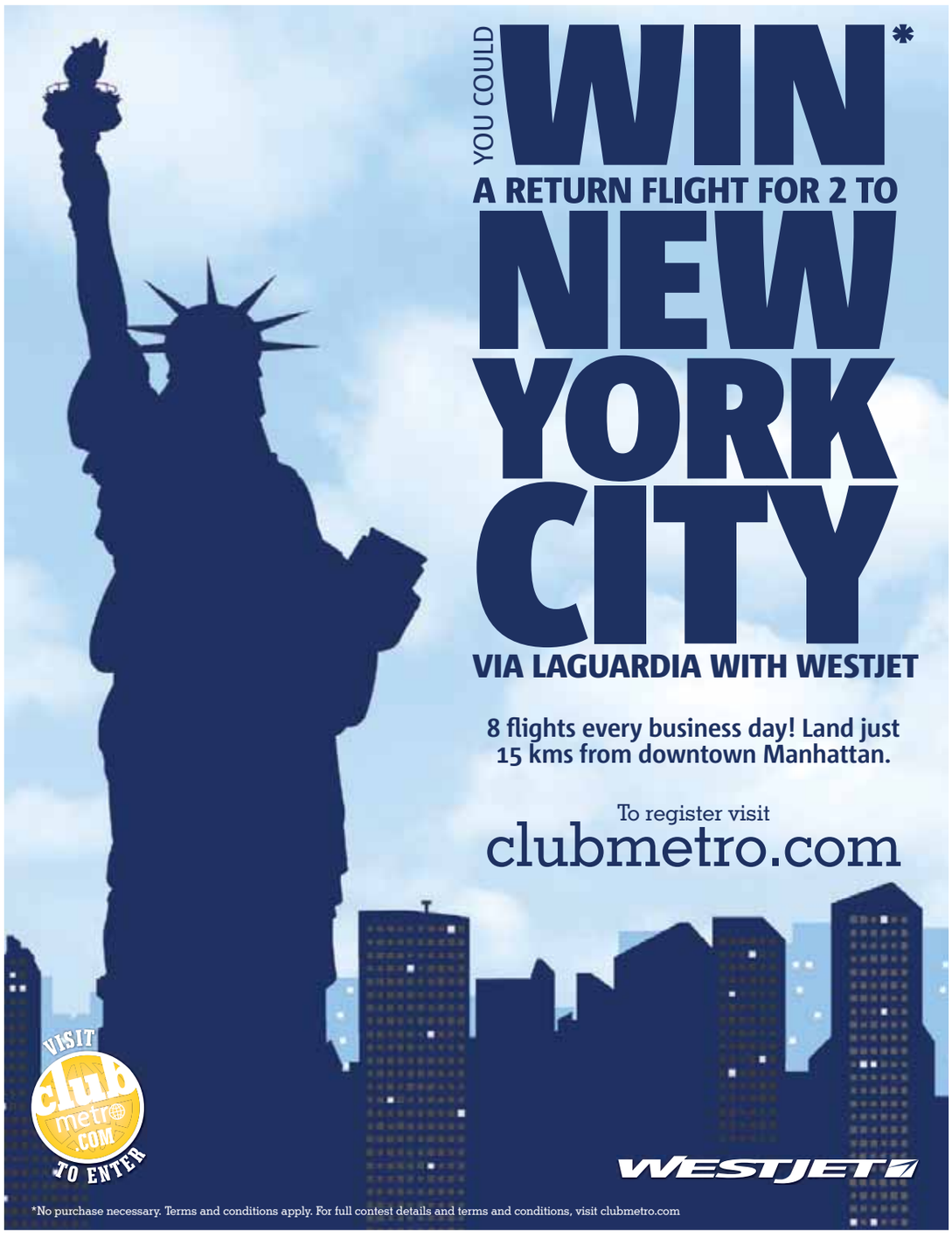
He lost his balance and fell nine metres onto the sidewalk below.

He was taken to hospital with serious injuries and died on Sunday.

The B.C. Coroner's Service and Transit Police are investigating and asking anyone who witnessed the accident who has not already spoken to police to call 604-515-8300 and quote file No. 2013-10430.

KATE WEBB/METRO

Alexander Richey of Roberts Creek died on Sunday after falling off a platform at Commercial-Broadway Station the day before. JENNIFER GAUTHIER/METRO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Houston, B.C.

Building in fatal explosion had a small grow-op, police say

RCMP say a small marijuana grow operation could be linked to an explosion that killed a man in northern B.C.

The explosion happened shortly before noon on Sunday, when a shed behind a home in Houston, about 1,000 kilometres north of Vancouver, blew up.

The Mounties say a man who was burned in the explosion later died in hospital.

A news release says the cause is still under investigation, but it appears there was a small marijuana grow operation inside the shed.

The name of the victim has not been released.

THE CANADIAN PRESS

Investigation

Naked swimmer arrested in Nanaimo

RCMP are investigating after a naked swimmer was spotted in Nanaimo Harbour on Monday.

Witnesses called 911 at 8:30 a.m. after a distressed man was seen in the water near Stone's Marina.

Search-and-rescue volunteers were brought in and tried to get the man out of the water. He refused and threatened to hurt them.

He eventually swam to shore on Newcastle Island and ran away from rescuers.

A police dog found him a short time later, and after he was medically cleared at Nanaimo Regional Hospital, officers brought him to the RCMP detachment.

JEFF HODSON/METRO

Sockeye. Recreational fisheries banned for Skeena River First Nations

Aboriginal people in British Columbia who rely on Skeena River sockeye are facing some extremely difficult decisions as sockeye salmon returns plunge to historic lows.

Lake Babine Chief Wilf Adam was on his way to Smithers on Monday for a discussion about whether to shut down the food fishery on Lake Babine, something he said would be drastic and unprecedented — but may ultimately be necessary.

The recreational and non-aboriginal fisheries on the lake and Babine River have been shut entirely since the Department of Fisheries and Oceans issued a directive last week, though aboriginal people have still been able to fish in a limited way for food.

But that could change.

"If the numbers are the way they are, we've got to close everything down," Adam said.

"That's not an easy decision to make. Salmon is our livelihood. That is the soul of our being. To deny that from our citizens is not a happy event."

Last month, the department noted returns for the Skeena River sockeye run were dire.

Mel Kotyk, North Coast area director for the Department of Fisheries and Oceans, said the department's monitoring activities were finding one of the lowest runs in 50 years. THE CANADIAN PRESS

B.C Mounties reopen toddler cold case

Missing. Police say no evidence to suggest toddler was killed; she would be 55 years old now

The Mounties are re-examining a missing-person case in British Columbia that dates back half a century, hoping renewed publicity might spark an old memory that could explain what happened to a 21-month-old toddler who vanished without a trace — or possibly prompt the missing woman herself, if she is still alive, to come forward.

Edna Bette-Jean Masters disappeared on July 3, 1960, as she was playing at a friend's house in the Red Lake area, west of Kamloops in B.C.'s Interior.

Her disappearance prompted a massive search, but police and search-and-rescue personnel were unable to turn up any sign of her.

Now, investigators plan to use new technology, such as DNA examination and software that digitally ages photographs, in an effort to generate new leads in the case.

Cpl. Cheryl Bush points out there has never been any evidence to suggest the girl is dead, raising the possibility Masters, who today would be 55 years old, is out there somewhere.

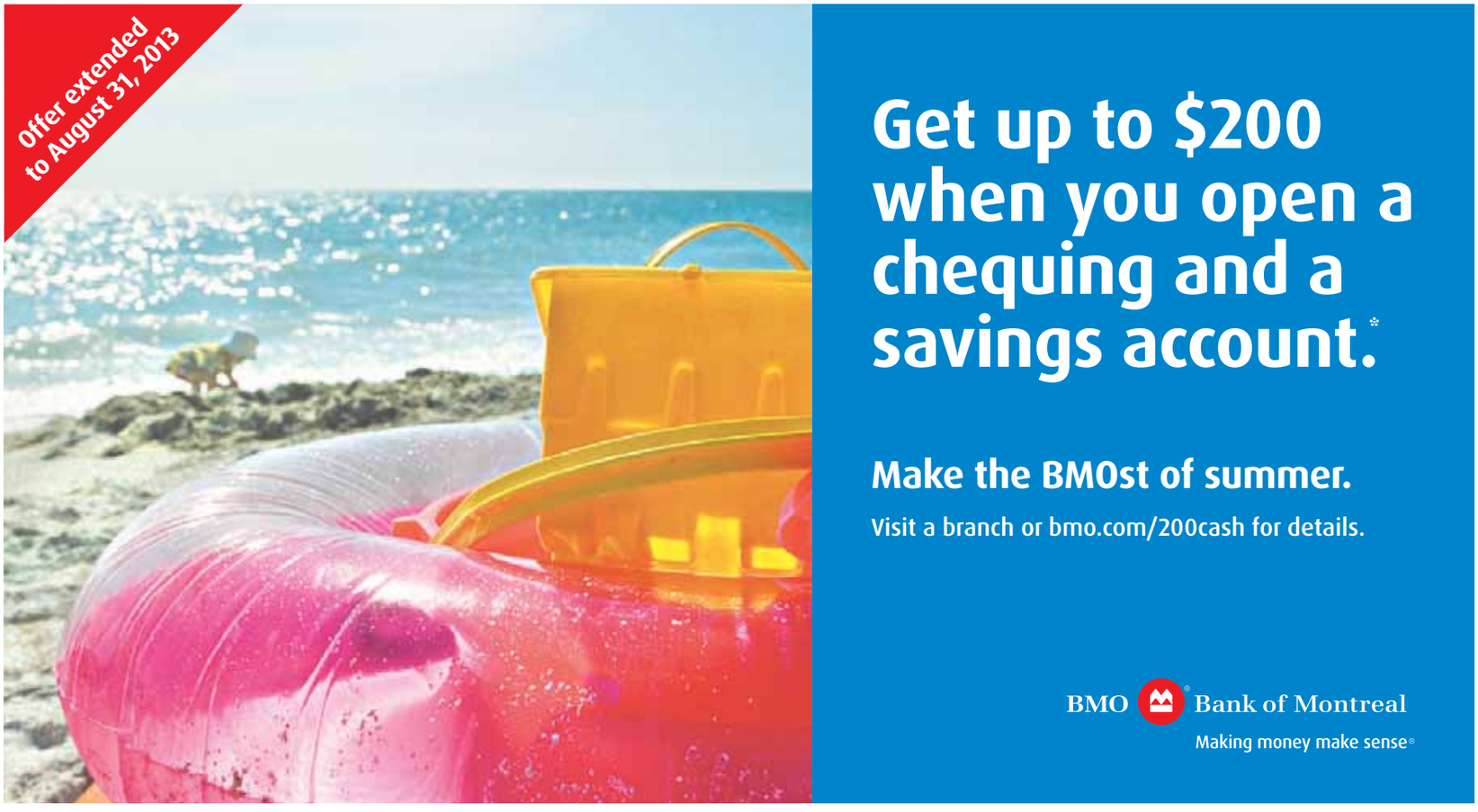
"There is a possibility that this person is still alive. There was never any evidence found to the contrary," Bush said Monday.

"If that's the case, then maybe this will spark somebody to ask some questions that they always wondered about their past."

Masters, who was referred to by her middle name, Bette-Jean, was last seen playing with family and friends at a friend's residence.

The young girl, who had curly blonde hair, blue eyes and a fair complexion, was wearing a green bonnet, a pink T-shirt and faded overalls at the time. She had an oval-shaped burn scar on her left arm, which investigators believe would still be there today. THE CANADIAN PRESS

Edna Bette-Jean Masters, shown in a handout photo, disappeared on July 3, 1960, as she was playing at a friend's house in the Red Lake area, west of Kamloops. HANDOUT/THE CANADIAN PRESS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How fast did that car go?! Vancouver invests in speed radars

Traffic issues on Point Grey Road prove there's nothing like zooming cars on residential streets to spark complaints among Vancouver residents.

To identify the top problem spots in need of traffic calming, the city wants to buy 20 vehicle radar recording devices to place discreetly at intersections throughout Vancouver, according to a request for proposals.

Based on concerns from citizens and businesses regarding traffic speed and volume, the city investigates more than 100 local streets in need of a slowdown every year, according to a statement attributed to Lon LaClaire from strategic transportation planning.

The devices don't take photos or capture any vehicle information, but simply monitor speed for a few days to get enough data to see if traffic-calming measures such as speed humps are necessary.

After the data is collected, streets are ranked to see which would benefit most from slower traffic.

The city will not disclose budget or pricing information for the devices as the bidding process is still open. EMILY JACKSON/METRO

Lillooet area

Evacuation alert lifted for residents

An evacuation alert that kept about a dozen residents near Lillooet nervously watching a nearby wildfire was lifted Monday after crews declared the blaze fully contained.

The fire began over the weekend near Seton Portage, more than 200 kilometres northeast of Vancouver, as lightening sparked dozens of new fires across the province.

The fire never grew larger than two hectares, but officials were concerned high winds could have caused it to quickly grow and spread.

The evacuation alert was lifted Monday afternoon as the province's wildfire management branch revised the fire's status to 100 per cent contained. Still, the fire is estimated at 1.7 hectares in size, said fire information officer Melissa Welsh. THE CANADIAN PRESS

Free passes to city's pools and rinks spark controversy

Debate. Free passes latest sticking point in drawn-out battle over new joint operating agreement

EMILY JACKSON
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Out-of-town users of Vancouver community centres' pools, rinks and fitness centres are getting the same benefits as residents when they sign up for the OneCard, irritating some community centres that question how the park board is footing the bill.

Of the 2,415 OneCards issued at Killarney community centre, more than 200 went to non-residents from out of province and even out of country, association president Ainslie Kwan said Monday.

There has never been a residency requirement to use park board facilities, but all new users get three free passes for signing up for the OneCard without having to pay a dime. With an average fee of about $5 and 36,000 OneCards issued as of this week, that's approximately $540,000 in foregone revenue.

"We really question where that money is coming from when the park board is cutting things," Kwan said, noting that the park board cut 900 service hours from community centres to save $45,000 heading into 2013.

The free passes are the latest sticking point between park board and the six community centres in a drawn out battle over a new joint operating agreement.

But park board commissioner Aaron Jasper accused the non co-operating centres of a "set up," saying they planted non-residents in their bid to retain the status quo. (The centres deny this.)

Jasper also defended the three free passes as a way to get people in the door, similar to promotions at private recreation facilities across the city.

"We didn't push out paying customers so free customers could come in," he said, noting the lifeguards are already there and the passes promote healthy lifestyles. "If they use the promo and have a great experience, maybe they'll come back. That's not losing money, it's growing opportunities."

Since the system is computerized, the park board has the ability to track retention rates after people use their free passes.

The latest controversy surrounding the OneCard relates to the three free passes users get when they sign up.
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Whey Better Protein by: Shannon Kadlovski, BA, CNP

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

When Choosing a Whey Protein Powder Consider These 4 Tips:

1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.

2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.

3. Choose one that is cold temperature micro-filtered.This ensures the highest quality and biological value.

4. Choose an all-natural brand, free of artificial flavours and artificial colors.

Absolute Smoothie Recipe
1 cup water or coconut water
1 scoop of Absolute Whey protein powder (or 2 tbsp.)
1 tbsp. chia seeds
¼ tsp. matcha green tea powder or ¼ tsp. spirulina powder
½ cup fresh blueberries
½ banana
¼ tsp. cinnamon
handful of kale
* Toss all of the ingredients into a blender and blend until smooth and creamy

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Boston. Mob boss turned FBI informant convicted

James "Whitey" Bulger, the feared Boston mob boss who became one of the most-wanted fugitives in the U.S., was convicted Monday in a string of 11 killings and other gangland crimes, many of them committed while he was said to be an FBI informant.

Bulger, 83, was charged primarily with racketeering, which listed 33 criminal acts, among them 19 murders that he allegedly helped orchestrate or carried out himself during the 1970s and '80s while he led the Winter Hill Gang.

Bulger could get life in prison at sentencing on Nov. 13. But given his age, even a modest term could amount to a life sentence.

Bulger was on the run for 16 years after being tipped off — by a retired FBI agent, it turned out — that he would be indicted. THE ASSOCIATED PRESS

Nova Scotia. Mix-up leads to needless mastectomy

Nova Scotia's Capital Health is assuring people changes are coming after two separate mix-ups led to an unnecessary mastectomy and a biopsy.

In the first case, two patients had their reports switched. This resulted in a woman having a mastectomy.

"She would have thought that she had cancer," said Chris Power, CEO of Capital Health.

She said the mistake was found when the agency's quality-assurance program discerned that the woman's report didn't match.

In the second case, two tissue samples were mislabelled, resulting in one person having an unnecessary biopsy and the other not receiving treatment right away.

Power said Capital Health is implementing a bar-code system for lab specimens and a robotic lab that will limit human error. HALEY RYAN/METRO IN HALIFAX

Villa snaps, cracks, pops into sinkhole

'Sounded like popcorn.'
Guard rushes to waken guests as villa in Florida starts falling apart

As windows broke and the ground shook, vacationers who were awakened in their rooms at a villa near Orlando, Fla., soon realized that the building was starting to collapse — parts of it swallowed by a 100-foot sinkhole.

By early Monday, nearly a third of the structure at Summer Bay Resort had collapsed. All 105 guests were evacuated, as were those in the neighbouring buildings. No injuries were reported.

Inspectors remained on the scene Monday to determine whether the two buildings nearby would be safe to enter.

Employees install barricades around the collapsed building at Summer Bay Resort on Monday in Clermont, Fla. GERARDO MORA/GETTY IMAGES

The first sign of trouble came at about 10:30 p.m. on Sunday. Security guard Richard Shanley had just started his shift.

A guest flagged him down to report that a window had blown out. The resort's staff decided to evacuate the villa.

Shanley said the building seemed to sink by 10 to 20 inches and bannisters began to fall off as he ran up and down three floors trying to wake up guests. One couple with a baby on the third floor couldn't get their door open and had to break a window to get out, he said.

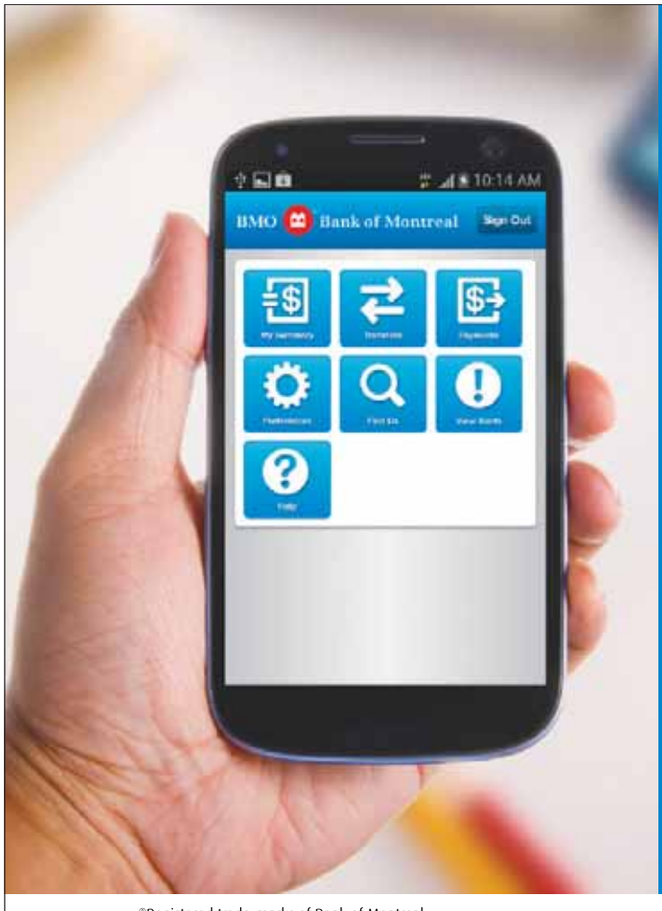
"It's a scary situation," Shanley said. Guests credited him with saving lives by awakening them.

Amy Jedele heard screams coming from one of the adjacent buildings at about 10:30 p.m., and several minutes later, the sounds of sirens. She and her fiancé went outside. "That's when you could hear the pops and the metal, the concrete and the glass breaking," she said. THE ASSOCIATED PRESS

Torn asunder

"The building was just snapping."

Maggie Moreno, who was visiting with her family



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Indonesia. Volcano still spewing after deadly weekend

A volcano spewed more hot ash and lava on a tiny Indonesian island Monday after causing six deaths over the weekend.

More than 500 Palue island residents who had earlier refused to leave the three-kilometre exclusion zone around Mount Rokatenda have been evacuated to the neighbouring island of Flores, said Mutiara Mauboi, an official at a disaster command post.

The bodies of two children who were among six people killed by lava as they slept early Saturday have not been recovered.

"There is no more searching for the victims. The main activity now is evacuation," Mauboi said from her office in the town of Maumere. "All of the residents in eight villages on Palue have to be moved gradually."

The eruptions were smaller Monday but the potential danger was high because the volcano continues to release hot gas clouds, said government volcanologist Surono, who uses only one name, like many Indonesians. Molten lava and ash have covered most of Palue, an island in East Nusa Tenggara province with only a four-kilometre radius.

"Mount Rokatenda remains on high alert," Surono said. "There has been no significant decline in activity."

Mount Rokatenda is one of 129 active volcanoes in Indonesia, an archipelago of more than 17,000 islands.

THE ASSOCIATED PRESS

Tourists walk the dunes of Sossusvlei in Southern Namibia Sunday. Further north, an estimated 778,000 Namibians are either severely or moderately food insecure due to the worst drought in years.

JEROME DELAY/THE ASSOCIATED PRESS

'It has not rained for over two years here:' Police chief

Namibia. Herdsmen seek scarce water sources during worst drought in decades

The police are about the only people left in this village of 400 in the Namibian desert because the infrequent rains have ceased due to a drought, forcing residents to seek precious water and grazing ground elsewhere for their livestock.

"They left for the other side of the mountain, looking for water for the cows," said Orupembe police chief Olani Imanul, whose roughly 20 officers feel a tad useless with just about everyone gone. "It has not rained for over two years here."

Summer rains usually flood the plains and rejuvenate the flora, but they did not come. Now, in the Southern Hemisphere winter, it is especially dry. UNICEF said the drought in this arid corner of southwest Africa is said to be the worst in three decades and that families are selling assets such as livestock, have less to eat and are migrating to cities to find work.

"An estimated 778,000 Namibians, a third of the population, are either severely or moderately food insecure," UNICEF said in an online report on Wednesday.

One of those affected is Jormany Mupetami, who sells semi-precious stones outside the village of Uis to tourists. His dreadlocks and his smile make the visitors at ease. Yet, even after making a sale for $50 US he whispers, almost embarrassed: "Would you have some canned food you could give us for the children?"

At the Van Zyl pass community camp, skinny cows fight with birds for water at the camp's faucet. The Ombuku river is dry and has been for the past two years.

Outside Purros, a hamlet graced by giant sand dunes in the midst of a mountainous Martian landscape, a river has been reduced to a narrow stream. Desert elephants, oryx, baboons and springbok gather around a few puddles of water along with skinny livestock, seeking relief in the heat of the day. THE ASSOCIATED PRESS

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WE MEET WITH POTENTIAL CANDIDATES WEEKLY.

London 'smart bins' trashed for sweeping up smartphone data

The bin who spied on me. The innocuous-looking receptacles are under investigation for phone hacking after reaching more than 4 million devices this year

KIERON MONKS
Metro World News in London

They look like normal recycling bins, with a display screen showing news updates and adverts. But new "smart bins" in London have been secretly harvesting personal data and are now under investigation, in possible violation of European Union law.

The model from technology company Renew has been collecting the unique electronic signatures (MAC addresses) from passing smartphones, reaching more than four million devices in trials this year. The company claims the data reveals the user's route, frequency of visit, and time at a location, which it would provide for advertisers to personally target consumers.

Graphic of a Renew bin extracting the MAC addresses from passing smartphones. The company that has been collecting the information is now being investigated for secretly gathering personal data. CONTRIBUTED

On Monday, the City of London ordered the company to stop the practice and referred it to the data protection body Information Commissioner's Office (ICO) for investigation. "Anything that happens like this on the streets needs to be done carefully, with the backing of an informed public," it said in a statement.

Renew director Kaveh Memari downplayed the investigation, telling Metro the data gathered is "always anonymous." Memari said the practice was "just a trial at this stage to see if the technology worked to merit a longer term discussion."

But he may be in conflict with the EU "Cookie Law" that states permission is required to gather personal data, or cookies (tiny individual databases websites used to identity past users). "The majority of opinion is that MAC address and location is personal data and requires consent," Richard Beaumont, expert on data protection law at The Cookie Collective, told Metro. "Four readings is enough personal information not to be anonymous."

Beaumont added that it is not a surprise the authorities were unaware as regulation is outdated.

You know you want it?

A spokesman of the U.K. Advertising Association said this type of data gathering went too far, but added most people want tailored advertising. The source noted a 2012 Accenture survey showed just 36 per cent of people objected to being tracked.

Coming to a street corner near you. The Renew bins will have further trials in North America and Asia. CONTRIBUTED

Wallin says she will repay her 'mistakes'

Travel expenses. Yet a Deloitte report says she might have tried to alter her claims after the fact, according to a source

Pamela Wallin says she will reimburse taxpayers for all disputed travel expenses but denied wrongdoing as she claimed all those flights and taxi rides were just part of her job as a busy senator.

"I never intended to seek nor sought reimbursement for travel expenses in any situation where I did not believe such a claim was proper. Where I made mistakes, I have, as you know, already paid money back," Wallin told reporters Monday.

The statement came before Wallin headed into a meeting of the Senate committee on internal economy, budgets and administration, where her colleagues discussed a review of her travel expenses by the forensic accounting firm Deloitte.

"It is my view that this report is the result of a fundamentally flawed and unfair process," said Wallin, who received the Deloitte report Monday. TORSTAR NEWS SERVICE

Accusation

Sources said Monday the report will detail travel costs that Wallin expensed to taxpayers while she was on business unrelated to her Senate duties, including activities related to the boards of directors she used to sit on.

Sen. Pamela Wallin appears at a Senate committee hearing on Monday on Parliament Hill. PATRICK DOYLE/THE CANADIAN PRESS

Alberta. Loosen, don't tighten, exotic-pet laws, owners urge

Alberta owners of exotic pets, both slithery and not, are slamming a pledge by the Harper government to review whether it needs to further regulate Canada's exotic-pet market in the wake of a Maritimes tragedy involving a banned python.

On Aug. 5, police say young brothers Connor and Noah Barthe were both asphyxiated by an African rock python belonging to the owner of a Campbellton, N.B., exotic-pet store.

On Friday, Prime Minister Stephen Harper said his government "will try to ascertain exactly what has occurred, and if there is a federal role, what needs to be done about that."

But while Calgary and area exotic-pet breeders and distributors deem the deaths tragic, they say, if anything, provincial regulations need to be relaxed somewhat.

"This was a freak accident," said Tim Baergen, breeder and owner of New World Reptiles in Calgary.

"Most of the people that I know that keep these animals in their house, they separate reptile rooms," he said. "They all have closed doors; they're almost inescapable."

"Over-control" of animals in Alberta also extends well beyond reptiles, according to Ty Marshall, owner of an exotic-species farm near Vulcan, Alta.

"There's hundreds of species that are illegal that shouldn't be — there's different species of rabbits and hares, things that are not dangerous at all."

He said other provinces are more lax. Ontario and B.C., for example, allow zebras to be owned.

"Why can't I own a zebra?" Marshall asked. "There's basically no difference from a horse."

JEREMY NOLAIS/METRO IN CALGARY

Quoted

"Escapes do happen — it's going to happen here and there — but before I leave I make sure my room where the big snakes are is locked."

Breeder Tim Baergen

RBC Royal Bank

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Waterloo. BlackBerry weighs sale options as review begins

Hopes of BlackBerry returning to its glory days have all but disappeared as the smartphone company delivered the most damning proof on Monday that its new phones are a sales flop, as it moves forward with a plan that could result in the sale of its operations.

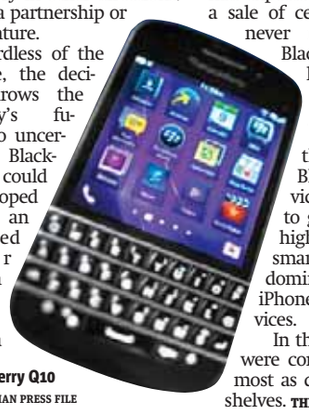
The board of directors at the Waterloo, Ont.-based company launched a review of "strategic alternatives," which it says could also potentially take BlackBerry in other directions, such as a partnership or joint venture.

Regardless of the outcome, the decision throws the company's future into uncertainty. BlackBerry could be scooped up by an interested buyer or even go private — an idea that has gained favour since last week when reports suggested the board has recently opened up to that option, even though it wasn't specifically mentioned in the announcement.

In some ways, the company has been here before, but the stakes are different this time around. BlackBerry launched a softer review of its "strategic business-model alternatives" in May 2012, which some analysts had expected would turn into a sale of certain assets. That never materialized and BlackBerry went on to launch its new line of phones in late January.

Since then, the new high-end Blackberry 10 devices have struggled to gain favour in the highly competitive smartphone market dominated by Apple's iPhone and Android devices.

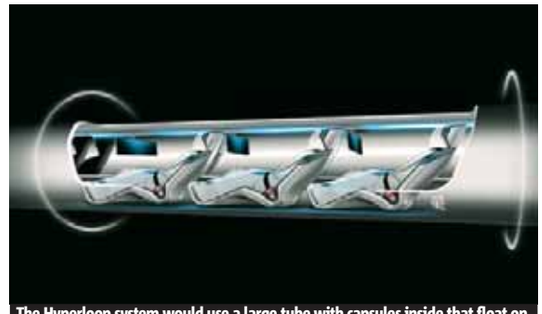
In the U.S., the phones were considered a dud almost as quickly as they hit shelves. THE CANADIAN PRESS



A BlackBerry Q10
THE CANADIAN PRESS FILE

PayPal co-founder reveals Hyperloop transport system

Los Angeles. Concept for travel between big cities uses capsules that move at high speed inside a large tube



The Hyperloop system would use a large tube with capsules inside that float on air, travelling at over 1,126 kilometres per hour. TESLA MOTORS/THE ASSOCIATED PRESS

Billionaire entrepreneur Elon Musk unveiled a transportation concept Monday that he said could whisk passengers the nearly 644 kilometres from Los Angeles to San Francisco in 30 minutes — half the time it takes an airplane. If it's ever built.

His Hyperloop system for travel between major cities would use a large tube. Inside, capsules would float on air, travelling at more than 1,126 kilometres per hour. The air would be sucked by a powerful fan at the front and expelled at the rear.

"Short of figuring out real teleportation, which would of course be awesome (someone please do this), the only option for super fast travel is to build a tube over or under the ground that contains a special environment," Musk wrote in his proposal, posted online.

The system Musk envisions is not unlike the pneumatic tubes that transport capsules stuffed with paperwork in older buildings. In this case, the cargo would be several people, reclining for the ride.

Coming from almost anyone else, the hyperbole would be hard to take seriously. But Musk has a track record of success. He co-founded online payment service PayPal, electric luxury carmaker Tesla Motors Inc., and rocket-building company SpaceX.

Monday's unveiling lived up to the hype part of its name. Leading up to the unveiling, done on the SpaceX website, online speculation was feverish. Musk has been dropping hints about his system for more than a year during public events, mentioning that it could never crash and would be immune to weather. During a Tesla earnings call on Thursday, Musk said he is too focused on other projects to consider actually building the Hyperloop.

"I think I kind of shot myself by ever mentioning the Hyperloop," he said. "I don't have any plans to execute, because I must remain focused on SpaceX and Tesla."

He said he would fulfil his commitment to publishing an open-source design, meaning anyone can use it and modify it. THE ASSOCIATED PRESS

Quoted

"I don't have any plans to execute, because I must remain focused on SpaceX and Tesla." Hyperloop designer Elon Musk

Loyalty program

CIBC seeks to keep half of Aerogold clients

Aimia, the company that runs the Aeroplan loyalty rewards program, said Monday that TD Bank will replace CIBC as the primary credit-card issuer in the new year, although CIBC is seeking to keep about half of the current Aerogold customers. The two rival banks and Aimia have agreed to continue talks. THE CANADIAN PRESS

Market Minute

DOLLAR 97.06¢ (-0.08¢)

TSX 12,594.27 (+52.14)

OIL $106.11 US (+14¢)

GOLD $1,334.20 US (+$22)

Natural gas: $3.30 US (+7¢)
Dow Jones: 15,419.68 (-5.83)

New York investigates virtual currency

New York is trying to corral the "Wild West" atmosphere of virtual currencies such as Bitcoin and may create new regulations to keep the growing technology from being used in crimes.

Financial Services Supt. Benjamin Lawsky's inquiry was confirmed in a memo provided to The Associated Press on Monday.

"We have seen instances where the cloak of anonymity provided by virtual currencies has helped support dangerous criminal activity, such as drug smuggling, money laundering, gun running and child pornography," Lawsky wrote in the memo dated Monday.

He described virtual currencies as a "Wild West" for criminals that could threaten national security.

The memo cites a wide range of companies and investors who received subpoenas for documents and data that Lawsky said will help him better understand the burgeoning industry. Among the investors on the list are Google Ventures and another company called Winklevoss Capital Management, with "key personnel" listed as Tyler and Cameron and Winklevoss — the twins who sued Mark Zuckerberg in 2004 claiming he stole the idea for Facebook from a company founded by the Winklevosses and a third person from Harvard.

There was no immediate response to a request for comment from the Winklevoss brothers. THE ASSOCIATED PRESS

Quoted

"We have seen instances where the cloak of anonymity provided by virtual currencies has helped support dangerous criminal activity."
New York's Financial Services Supt. Benjamin Lawsky

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COLUMBIA

DECOR DISPUTE HITS HOME

SHE SAYS

Jessica Napier
metronews.ca

After five years, two condos, one basement apartment and a whole lot of rent cheques, my boyfriend and I finally managed to buy a house together. Technically it's more of a townhouse, which means we have a mortgage AND we're obligated to pay hundreds of dollars a month in maintenance fees, but, hey, it's something.

The week after our closing date I spent about 18 hours admiring inspirational interiors on various home decor blogs (which are basically porn for new homeowners). I found myself drooling over designer kitchens and impossibly minimalistic living rooms that I could never re-create. I lay awake at night lusting after expensive flush-mount lighting and fantasizing about what sort of table runners I could buy for various themed dinner parties.

At first my boyfriend didn't share my newfound obsession with interior design. His eyes glazed over as I tried to explain the nuanced differences between eight different shades of white and he took a "whatever you think is best" approach to everything home-related.

But I persisted. I coerced him into weekend trips to Home Depot by explaining that we're no longer lazy tenants and he should take an interest in making our new home our own.

Eventually, my "nest and invest" campaign paid off and I got him to start caring about furniture placement and light fixtures. So you can imagine my disappointment when I realized that he actually didn't agree with 100 per cent of the decorating decisions that I had already executed in my mind (and on my many decor-themed Pinterest boards).

Suddenly he has all these ideas about bar-stool upholstery and pendants versus pot lights. The white paint colour for the living room is now "too" white and perhaps we should be favouring bronze over brushed nickel in our fixtures. I seem to have created a chandelier-loving monster and it's too late to try and put a lid on his opinions.

We're certainly not the first couple to feud over home furnishings. If you've ever been to Ikea on a Saturday morning you've witnessed plenty of domestic disputes between couples who just can't seem to agree on what space-saving wardrobe solution would best suit their bedroom. Aspelund! Pax! Morvik!

Homes are a collaborative endeavour and couples are bound to come into conflict at some point, whether it's over personal taste or how much money to spend. It's important to remember that cohabitation means compromise. You're not designing a show home; you're creating a livable space to share together.

I'm not sure that my industrial-chic esthetic can ever really jive harmoniously with his rustic-cottage-meets-Palace of Versailles vision for our home. But if we're going to bicker over bookcases, at least now we have a place of our own to do it in.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Shelling out for new digs

COURTESY AI KOWADA GALLERY

3D printed shells for hermit crabs

An artist in Tokyo has created hermit crab shells adorned with miniature cityscapes. Aki Inomata used a CT scanner to map the interior of sea shells before manufacturing the designs using 3D-modelling software. Among the shapes are New York City's skyline, and a Thai pagoda. **METRO**

Q and A

'Changing identity'

AKI INOMATA
Artist, 29, from Tokyo

What inspired you to do this project?

In 2009, I heard about a dispute between France and Japan after an old embassy building in Tokyo was demolished. The two nations debated whose land was it: French or Japanese? Then they agreed to swap control of the land every 50 years.

That made me think about changing identity, and how hermit crabs change their shells as they grow. I wanted to connect the crabs' transformation to our own adaptability, whether it's acquiring a new nationality, emigrating or relocating.

Party. Kerrisdale community sharing fruits of their labour

News worth sharing

Walk south from 57th Avenue along the railroad tracks and the path suddenly opens onto a mountain of daisies, purple dahlias and pink crocosmia.

Venture into an impromptu park to discover fragrant berry patches, herb gardens, grape vines and a water garden filled with lily pads and hummingbirds.

This little oasis seems to pop up out of nowhere, but the Kerrisdale Community Garden is actually the product of three long years of work by a group of master green thumbs. On Aug. 24, from 1 p.m. to 5 p.m., they're inviting you to enjoy the fruits of their labour.

Courtesy of a Neighbourhood Small Grant from the Vancouver Foundation, this garden party is about "the sharing of abundance," says Roberta Skye, a member of the Kerrisdale Community Garden, located at West 60th Avenue and Angus Drive.

This spirit has been at the project's heart from the beginning, with local stores and neighbours lending lumber, seeds, plants, flower pots, and even a wheelbarrow.

"We want to invite the public into the garden where we get so much pleasure, and just have some fun," says Skye. The garden party will showcase the difference every contribution has made.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children.

Letters

RE: Questions Mount About New Brunswick Python, published Aug. 9

This is really sad on many fronts. This animal should not have been in Canada to begin with. The man who owned it should be charged and/or put in jail.

The poor animal was killed for nothing. It should have been shipped back to Africa and put back in the wild where it belongs. The whole system is responsible for this tragedy.

Two children were killed because of weak or no laws. This beautiful animal was killed for the same reason, and what will be done about this?

Well, try nothing as usual. Until the government stops allowing this type of thing to happen, until police enforce the laws, until animals are left where they belong, in the wild, this problem will continue to happen all around the world. When you don't enforce your own laws, what do you think is going to happen? Sad indeed because it could have been prevented if people in power had used common sense.

Anthony Silvestro, Ottawa

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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SCENE

Disney's wonderful world

D23 attendees check out some of Disney's new animation in Anaheim, Calif. last week. DISNEY/CONTRIBUTED

D23. Metro's Richard Crouse checks out what Disney has on tap at their Anaheim convention

RICHARD CROUSE
scene@metronews.ca

It snowed in Anaheim, Calif., Friday afternoon but it wasn't a freak storm, just a blast of Disney magic at D23, the Mouse House's equivalent of Comic Con.

As Broadway star Indina Menzel sang Let it Go from the upcoming animated film Frozen, artificial flakes fluttered down from the rafters, gently covering the 5,000 faithful fans who gathered for the first of two star-studded early-look previews.

The convention featured more than 200 presentations, panels and concerts, but these sneak peek events, which focussed on Disney's reverence for their past and their commitment to the future, were among the most highly anticipated.

At Friday's event, Disney chairman and chief executive Bob Eiger and chief creative officer John Lasseter were greeted with the kind of audience response usually reserved for rock stars and royal babies.

They unveiled the new short film Get a Horse, which mixes 85-year-old Walt Disney Mickey Mouse sketches and state-of-the art 3D computer animation. It also features a vocal performance from Walt himself, pieced together from old tapes. "Someone has to update his IMDB page," joked director Lauren MacMullan.

Advance looks at The Good Dinosaur, which imagines a world if dinosaurs had survived, Inside Out, a movie Lasseter described as "one of the most unique films I have ever been associated with," and Finding Dory, the sequel to one of Pixar's most loved films, were met with cheers.

Saturday's presentation unveiled teases from Disney's live action slate. Paying tribute to Disney's past, Kenneth Branagh will direct a live action Cinderella, and another film revisits one of Disney's great villains. Maleficent stars Angelina Jolie as the Sleeping Beauty villain, a role she's coveted since youth. "Since I was a little girl Maleficent was always my favourite," she told the crowd. "I wanted to know more about her."

Tomorrowland, a sci-fi film starring George Clooney, was inspired by a box found in the Disney archives. Labelled simply 1952, the "dusty old box" contained a mysterious mishmash of items, including a copy of Amazing Stories magazine and a short animated documentary that inspired Lost screenwriter Damon Lindelof to pen the speculative story.

The most obvious tribute to Disney's legacy is Saving Mr. Banks, which brings the late visionary to life on the big screen. Tom Hanks stars as Walt attempting to buy the rights to Mary Poppins from writer P.L. Travers, played by Emma Thompson. Shot on location at the Burbank Studios where Walt worked, the film is timed to coincide with the 50th anniversary of Mary Poppins.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Did Ben Affleck really visit Lohan in rehab?

THE WORD
Dorothy Robinson
scene@metronews.ca

Lindsay Lohan had a steady stream of visitors while in rehab, including Ben Affleck, who was reportedly considering her for a role in his upcoming film, Live by Night, a source tells Radar Online.

"Lindsay was excited about the opportunity, telling me that she was going to have dark hair in the movie and would have an Irish accent," the source says. "She tried to tell me he was being flirty with her, but that's just Lindsay's way of embellishing because she constantly needs attention."

Apparently the meeting didn't go so well, as a source close to the production insists that Lohan "isn't being considered and won't be in the movie."

I highly doubt that Ben Affleck, who is so beyond A-list that he is practically his own Commandment, visited rehab to interview Lindsay Lohan.

But it is nice to think so, isn't it?

Lea Michele ALL IMAGES GETTY

To Cory, with love: Michele dedicates award to Monteith

Lea Michele accepted the Teen Choice Award naming Glee Best TV Comedy by dedicating it to her late boyfriend and co-star, Cory Monteith. "I wanted to dedicate this award to Cory. For all of you out there who loved and admired Cory as much as I did, I promise that with your love we're going to get through this together," she said from the stage, flanked by her Glee co-stars. "He was very special to me and also to the world. We were very lucky to witness his incredible talent, his handsome smile and his beautiful, beautiful heart."

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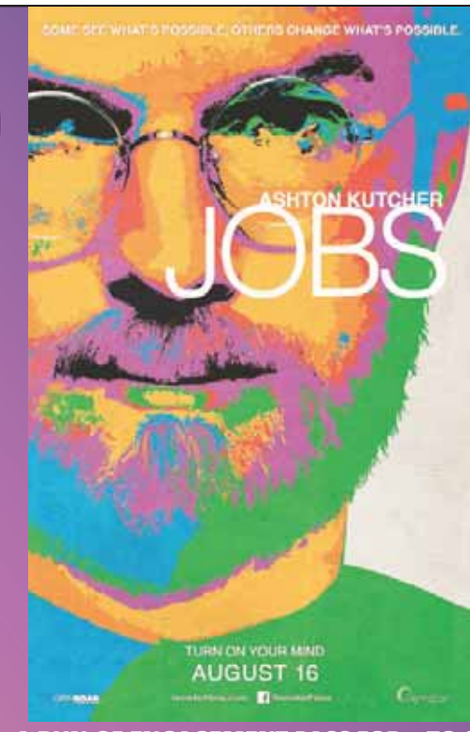

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ROMINA McGUINNESS & RICHARD PECKETT

Sun. Drinks. Beach. Buzz. Heaven. The perfect weekend day. Headache. Dry-mouth. Pass out. Vomiting on the car ride home. The usual weekend evening.

To help you stay on track, we asked Orlando Marzo, mixologist and bartender at The Player in Soho, London, to share his top hydrating cocktails.

The Journey

A mix of Bacardi superior and Martini rosato, with a splash of Mezcal, honey and lemon juice. Revitalizing taste and delicate botanicals aroma.

Swizzle

A Caribbean classic. This rum-based drink is made with lime Falernum, angostura bitter, lime juice and sugar syrup. Serve tall with crushed ice. Sensationally refreshing.

Sosho Cooler

Finlandia mango vodka and crisp Sauvignon blanc, shaken with muddled red grapes, fresh lemon and apple juices.

New Orleans Cobbler

Rye, orange, pineapple, lemon, bitters and pastis. A punchy cocktail with a fruity twist.

Grapefruit Julep

Finlandia grapefruit shaken with fresh pink grapefruit and lime juices, honey, grenadine and mint.

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Keep backyard dishes simple with two-step corn salad

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Barbecued Corn and Roasted Red Pepper Salad

This salad serves four. ROSE REISMAN

While we're still grilling, you can't beat barbecued corn on the cob. This salad is great on its own or serve with either grilled beef, chicken or tiger shrimp.

Ingredients

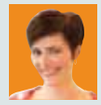
- 3 fresh cobs of corn – husks removed
- 1 small red pepper sliced in half – seeds removed
- 1/2 cup diced red onion
- 1/2 cup chopped fresh basil
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 1/2 tsp finely chopped jalapeño pepper
- 1 tsp finely chopped garlic
- pinch of salt and pepper

1. Preheat your barbecue to medium-high heat. Grill the corncobs and bell pepper halves on a medium heat for about 12 to 15 minutes, or until the corn and peppers begins to brown. Using a sharp knife, slice the niblets off of the cobs and place in a bowl. Peel the peppers, dice and add to bowl.

2. Add the red onion, basil, oil, cider vinegar, jalapeno, garlic, and salt and pepper to the corn mixture and stir to combine.

Health Solutions

The science of aging



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The health science community is abuzz with a thing called telomeres (pronounced tea-low-mere-z) that are in every cell in your body and the health of which are an indication of the aging process.

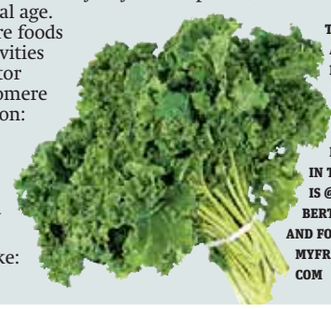
The discovery of telomeres won the Nobel Prize in 2009 and they can now be tested so your cells actually tell the story of your biological age. There are foods and activities that factor into telomere protection:

Consume High nutrient, low calorie foods like:

- Blueberries
- Kale
- Fresh herbs
- Whole grains like quinoa and millet
- Beans and pulses
- Nuts and seeds
- Avoid processed sugar and flour
- Manage stress and sleep

Experts say that one of the most important things you can do to prevent the aging process of telomeres is to avoid "R and R"— red and rumination.

Learn how to relax and take things in stride instead of seeing red and stop ruminating on stressful events that have already passed; let them go.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Too many money rules? Here's a couple more

YOUR MONEY
Alison Griffiths
money@metronews.ca

Save for the future. Squirrels do it. Aren't you as smart as a squirrel?
ISTOCK IMAGES

How many money rules do you need? That's the question posed by Marie Engen in the Aug. 6 online issue of Boomer & Echo: Financial freedom at any age (boomerandecho.com).

Engen correctly notes that money rules are proliferating like weeds in today's list-obsessed media. For example, both Money Magazine and Forbes recently published 20 rules of money.

There's also plenty of books touting rules of money, the champion author being Canadian Gail Vaz-Oxlade with a staggering 261 rules.

For fun, I searched rules of money on the Internet and came up with a mere 830 million hits. (I confess that a few of those hits might be my own lists of rules.)

Engen amusingly turns the discussion on its head by comparing the plethora of financial books on the topic to diet books.

She points out that there are basically only two ways to manage your weight.

1. Don't gobble up more calories than you expend.
2. Quit eating junk.

Similarly, Engen offers just two essential rules for managing money.

1. Spend less than you earn or live below your means. (Doesn't this sound like the first rule of eating?)
2. Save something for the future. Squirrels do this, so should people.

While I hate to add to the list mania, I'd include just one more.

3. Quit buying junk. By junk I mean superfluous possessions and poor quality stuff. This includes expensive and under-performing mutual funds.

I try very hard to follow this third rule, nonetheless I am chagrined when I do a mental review of purchases to realize that at least 10 per cent of what I buy, be it food, clothing or household items, either isn't worth any amount of money or, worse, isn't something I really need or even want.

The best part about adhering to these three simple rules is that they aren't difficult to follow.

In fact, they quickly become habitual like morning coffee or a dog walk before bed.

Even better, once you make this trio a habit the rules are self-perpetuating. Living within your means leads to saving. Buying less junk also frees up cash for saving.

And put together, these rules lead directly to a far more satisfying life. And isn't that the goal we all seek?

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Are you my friend?

Photographer. Tanja Hollander travels the world to meet all of her Facebook friends

ERIKA PADRÓN AND CYNTHIA VALDEZ
Metro World News

Tanja Hollander CONTRIBUTED

Tanja Hollander, a photographer in the U.S., has amassed nearly 700 Facebook friends, but she's never met many of them in person.

And so, she went on a huge journey in the hope of turning her online relationships into something more real. Metro Mexico interviewed the 41-year-old Maine native to find out more about her photo project titled Are You Really My Friend?

What is it like to travel and visit more than 700 friends?
It's been really interesting in every way. I'm about halfway through so there's still 300 more to go. I'm still surprised about how many homes I've been to and how generous people are, especially the people that don't have a lot. They're willing to share what they do have, whether it's food, wine or introducing me to their friends and family, or just making some extra space at home for me to sleep.

Do you tell them you are going to visit, or surprise them?
Yes, I email everybody first.

So, how did you come up with the idea of visit all your Facebook friends?
On New Year's Eve in 2010, I was writing a letter to a friend in Afghanistan and at the same time instant-messaging with a friend who is working in Jakarta. I started thinking about those two friendships and the different way of communicating because they were in opposite places in the world. They're from different parts of my life. Both friendships and ways of communicating are important to me. So I started to think about how we talk with so much technology and how much of our lives is so "photographable".

We know your friends let you stay at their homes but how much money have you spent so far?
A lot! I don't know, that's a good question. It's been a lot. I started this project with a low budget, I could make another project on how to travel with not a lot of money.

Where did you start and which cities have you visited so far?
I started travelling in April 2011 and I've been to a hundred U.S. cities and towns across 43 states. There's nine overseas destinations left to go in Europe, Asia and New Zealand.

What's been the hardest part of this journey?
Scheduling is really difficult, to make sure I'm in the city my friends are from. Maybe they are not home or not available. Sometimes it's hard to keep up with everything, It's also incredibly difficult travelling alone and trying to remember everything.

When do you think you're going to finish this journey?
Hopefully within a year or two. It really depends on how much money I can raise because I have to stop and raise money, which takes time.

Since you started your project, has your Facebook list of friends changed?
Yes, the numbers are going crazy. But I don't accept requests from people I don't know. Some of them deleted me but I don't know why.

Do you have a better definition of a digital friendship?
I think there are different kinds of friendship: there are some friends you call in the middle of the night and the kind of friends you go to the movies with, but there's also the friends you have only by emails or texts. Having a multitude of different kinds of friendships is really enriching.

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MANAGE YOUR TIME

If they could go back in time, 27 per cent of college and university students surveyed would tell their younger selves to boost their self-discipline skills, and another 26 per cent would advise improving time management skills in order to be successful beyond high school, according to a study released by Intel Canada.

Survey results show college and university respondents are far more effective when it comes to using technology to stay on track. In fact, 50 per cent of post-secondary students polled said they use technology to manage tasks such as to-do lists.

Post-secondary students surveyed report using a computer on average 24 hours each week. High school student respondents spend on average 16.4 hours per week.

However, it's not just the amount of time spent on their computers that differs, it's how the students polled are using their computers.

Furthermore, when looking more broadly at computer usage than organizational tools, if they could only use their primary computer for one thing, surveyed students said the top choice for post-secondary students surveyed was schoolwork (42 per cent) followed by surfing the web (18 per cent), and streaming TV shows, movies and music (12 per cent)

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"As baby boomers in B.C. continue to retire at a rapid rate, qualified individuals are needed fill their shoes in a number of fields across the health-care profession," says Sam Almandidy, regional director of admissions, Sprott Shaw College.

"Practical nurses are one of those fields, and Sprott Shaw is doing its part to train students to fill those needed positions."

Licensed practical nurses in B.C. provide nursing services to patients and their families across the lifespan in a variety of hospital, community, residential and home-care environments, working as an integral part of the health team in collaboration with physicians, RNs and RPNs.

LPNs practise nursing using their knowledge, skills, judgment, critical thinking and problem solving to provide safe, competent and ethical care.

Although it is one of the largest practical nursing career trainers in B.C., Sprott Shaw offers students small class sizes for more one-on-one attention, monthly intakes with no wait lists, and 12 campuses around the province to better serve the needs of the students.

"You don't have stop your life to change its direction," Almandidy says. "We offer career-focused practical nursing training designed to fit your lifestyle."

Sprott Shaw's career advisers will work with you every step of the way to tackle any career related challenges and will offer assistance all the way. Even upon graduation, Sprott Shaw is there to help students transition into meaningful careers in the field.

ISTOCKPHOTO/THINKSTOCK

"Our Global Career Centre (GCC) and the employment services specialists are proud to help our students with employment," Almandidy says. "The GCC team of experienced professionals contact employers within your geographic location to find job openings."

For more information about the practical nursing program at Sprott Shaw College, visit sprottshaw.com.

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Approved in New York and offered in Vancouver under the written consent of the Ministry of Advanced Education in British Columbia, NYIT's Vancouver program offers small class sizes and flexible class schedules that accommodate working professionals.

Students receive personal attention from outstanding professors with hands-on experience from the business sector.

NYIT, with its presence in the Atlantic and Pacific gateways, gives students opportunities to become competitive in today's global economy and knowledgeable about local and regional business practices and challenges.

This program can be completed in two years and offers students an innovative, technology-oriented and interdisciplinary curriculum.

For more information, visit nyit.edu/Canada, email vancouverinfo@nyit.edu, or call 604-639-0942.

TAKE YOUR NEXT STEP IN EDUCATIONAL JOURNEY

Whether Aboriginal adults looking to complete their high school education, or receive the prerequisites necessary to enrol in a post-secondary program, the Aboriginal adult basic education program at Native Education College can help students take that next step in their educational journey.

"This is a way for people to study in a friendly aboriginal setting, to develop the academic skills to survive and thrive in a university setting," says Dan Guinan, NEC president.

The free program runs a full school year, from September to July, and students will complete the program with a high school diploma.

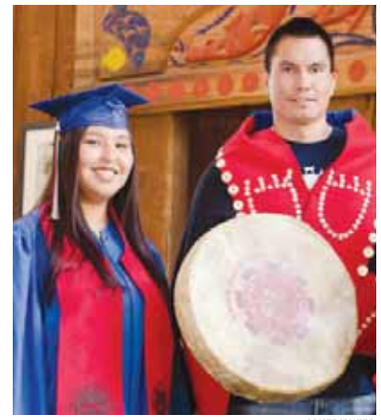
Students are able to pick up the courses needed to complete their diploma, enrol in cultural programs, or even take programs they may have missed in high school but are needed for admission into a post-secondary institution.

Along with classroom work, students will take part in a job placement, giving them real-world experience to carry forward into their future careers.

"The students really like that for the practical experience and the networking," Guinan says.

NEC offers many student supports, including access to elders, the staff, and can even subsidize transportation costs.

For more about this program or other programs available at Native Education College, visit necvancouver.org.



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AutoCAD software is used in a wide range of industries — among them construction and civil design, both thriving in B.C.

It should be no surprise, then, that the demand for junior level AutoCAD designers is on the rise. Those designers are well-paid, too: CAD drafting technicians make, on average, $26.79 per hour.

Enrol in Brighton College's AutoCAD drafting and design specialist diploma program and you can take your first step towards a career as a CAD drafting technician. As a student, you will master the fundamentals of AutoCAD 2D and 3D drawing for AutoDesk Inventor and AutoDesk CIVIL 3D — both used in civil engineering and public works. You will also hone your skills in desktop publishing and computer graphics.

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This 32-week program is led by instructors with at least five years of industry experience. The program concludes with a four-week practicum, which takes place at a small- or mid-sized engineering or design business located within the Lower Mainland.

Brighton College also offers a 13-week certificate program, computer-aided design with AutoCAD, which includes an optional four-week practicum.

The next intake for these programs begins Aug. 26. For more, call 604-901-5121 or visit brightoncollege.com.

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The Lions will need to lock down red-hot Stampeders running back Jon Cornish if they want to come out on top Saturday. RICHARD WOLOWICZ/GETTY IMAGES FILE

Lions going into battle with 'playoff mentality'

CFL. B.C. set to face the league's hottest team in Stampeders

CAM TUCKER
cam.tucker@metronews.ca

It's only Monday, and the B.C. Lions don't hit the turf for a real game until Saturday.

But as players and coaches reconvened in Surrey for the team's first practice after the bye week, the sense of anticipation for the challenge that awaits them this weekend was palpable.

The Lions host the Calgary Stampeders — foes in what has essentially become a three-horse race in the West Division, and currently the hottest team in the Canadian Football League with four consecutive wins — at BC Place Stadium.

The storylines are plentiful.

Calgary's non-import running back Jon Cornish was named Offensive and Canadian Player of the Week after his dominating performance against the Saskatchewan Roughriders in Week 7.

Cornish, who is originally from New Westminster, entered a new level with his game, putting up 175 yards rushing on 16 carries and a career-high four touchdowns, as the Stamps put an end to any plans the Roughriders had of an undefeated season.

Fellow non-import running back Andrew Harris of the Lions is a distant third in that category.

It's a battle of two Canadians rushers who are among the best in the league.

The Lions are third in the West Division, only two points behind Calgary and Saskatchewan. A B.C. win over Calgary, coupled with a Saskatchewan loss to Montreal, would vault the Lions into a three-way tie atop the division.

Then there's the small matter of how the Stampeders have wiped the Lions' faces in the mud in each of their last two meetings outside of exhibition.

B.C. was outplayed by the Stamps in last year's Western Final, and in the season-opener.

Not to over-hype it, but given recent events, the players involved and what's at stake now, this is as close to playoff football in August as you're going to get.

"This game is definitely like a playoff mentality early on," Harris said.

Back to work

A trio of injured Lions took part in Monday's practice.

- Defensive lineman Keron Williams (ankle) and receiver Courtney Taylor (wrist) did not finish Monday's game against Winnipeg due to injuries, while another receiver, Nick Moore, did not play also due to an ankle injury.
- All three participated in the team's first practice back from the bye week.
- "The bye week came right on time. A lot of guys, not just me, let the body catch up," said Williams.

Baseball

Canadians kick off home stand

The Vancouver Canadians return to Scotiabank Field at Nat Bailey Stadium for an eight-game home stand, beginning Tuesday against the Everett AquaSox.

The Canadians had the day off on Monday, after completing a five-game series with the Boise Hawks that included a double-header on Sunday.

After losing the first four games of the series with Boise, the Canadians salvaged the one victory with a come-from-behind effort to win 6-5.

The Canadians currently sit second in the Northwest League North overall standings, 1.5 games back of the AquaSox, which have lost five straight games as of Monday evening.

METRO

Tennis

Canadians climb the ranks of world's best

Milos Raonic is the first Canadian men's singles player to be ranked in the top 10, thanks to his run to the final of the Rogers Cup.

The star player from Thornhill, Ont., who lost to Rafael Nadal in Sunday's final in Montreal, is No. 10 in the new ATP rankings released Monday.

He moved up three spots from No. 13, his previous career high.

Raonic didn't have the biggest jump in the rankings among Canadian men, however.

Vasek Pospisil, of Vernon, who lost to Raonic in the Rogers Cup semi-finals, rose 31 spots to No. 40 to reach his career high. THE CANADIAN PRESS

Young hockey player collapses, dies at tryout

The Titan's Jordan Boyd in a 2013 training camp portrait.
DANIEL DOUCET/QMJHL/THE CANADIAN PRESS

A 16-year-old prospect for the Acadie-Bathurst Titan junior hockey team died on Monday after he collapsed during tryouts with the club.

Photi Sotiropoulos of the Quebec Major Junior Hockey League said Jordan Boyd felt some discomfort during a wind sprint at a rink in Bathurst, N.B.

A first responder attempted unsuccessfully to revive Boyd before he was taken by ambulance to the local hospital, where medical staff determined he had died, Sotiropoulos said.

An autopsy has been ordered to determine the cause of death.

Sotiropoulos said the youth completed a full medical evaluation and was cleared to compete by the team doctor before the training camp began.

"It's very odd this would happen," he said, adding there has only been one other training camp death in the league's 30-year history.

"It was horrifying news this morning. When you find out he was just 16 years old, that I think is the most tragic part."

He said the young man's father was watching the workout when his son collapsed. The family declined comment through the team.

The five-foot-11 forward is described by a former president of his minor hockey club in Halifax as a gifted player who had a bright future in the game.

Paul MacIsaac, past president of the Bedford Blues, said Boyd had improved his offensive skills during his bantam season in 2011-12.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
A friend will need cheering up today and you're the right person for the job. No one is happier than you, so be who you were meant to be and let some of those good vibes rub off on those around you.

♉ Taurus
April 21 - May 21
If you get the urge to change direction, do so. Others will complain because it throws their plans into confusion, but what's that to you? Be honest to who you are.

♊ Gemini
May 22 - June 21
Even things that go wrong are part of cosmic design, so don't get too upset if your plans don't work out the way you had hoped over the next 24 hours. It's all good — always.

♋ Cancer
June 22 - July 23
Do something that grabs the attention of important people and keep doing it until you get the recognition you deserve. If the planets are to be believed, it won't be long in coming.

♌ Leo
July 24 - Aug. 23
It won't take much of an effort to get on top of your workload today but can you be bothered? Hopefully you will overcome your lethargy because once you start, you won't want to stop.

♍ Virgo
Aug. 24 - Sept. 23
You can turn any situation to your own advantage now, even those that seem to be going against you. With Mercury, your ruler, linked to power planet Pluto, you are in no mood to give up.

♎ Libra
Sept. 24 - Oct. 23
Certain people are gossiping about you but is it such a big deal? And would you prefer it if no one took any notice of you? If they're talking about you then you must be doing something special.

♏ Scorpio
Oct. 24 - Nov. 22
Honesty is a virtue. But if you are smart you will hold off telling the world what you know today, especially if it involves a friend who might be hurt by the revelations.

♐ Sagittarius
Nov. 23 - Dec. 21
With the Sun in your fellow Fire sign of Leo, you can easily persuade friends and work colleagues to do tasks for you. Sit back and let them do all the hard stuff. They'll be happy and so will you.

♑ Capricorn
Dec. 22 - Jan. 20
Don't act as if time is a factor, because it isn't. Whatever the task you have to compete today, the important thing is that you get it 100 per cent right — however long it takes.

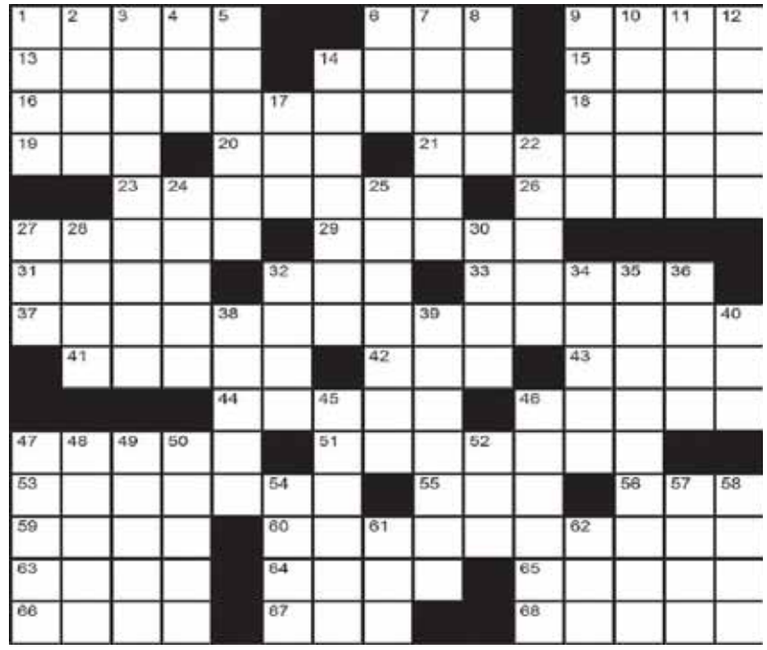
♒ Aquarius
Jan. 21 - Feb. 19
If someone takes you into their confidence today, you must not betray their trust by passing the information on to others. If you do, they will never trust you again. In fact, you'll always be the last to know.

♓ Pisces
Feb. 20 - March 20
You may be tempted to help a friend cover up some kind of transgression but the planets warn it's not a smart move. Let them know that the problem is theirs to resolve. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



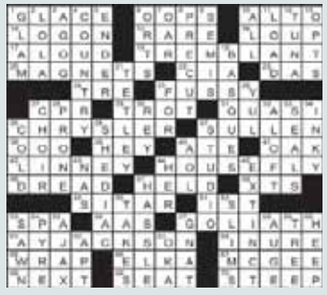
Across

1. 9:30am and 2:45pm
6. "It's Like That" by Run-_ _ _
9. Ms. Turner
13. On _ __ (Is winning)
14. "Bye!"
15. Equal: French
16. 1980 golf comedy
18. __-de-camp
19. Pop group, __ Direction
20. 7th Greek letter
21. Streaming media provider
23. Stone of hieroglyphics
26. Open court hearings
27. Conform
29. Himalayas land
31. Ancient Egypt: Son of Ramses I
32. Sales pro
33. House toppers
37. What an athlete might lose because of steroid use: 2 wds.
41. Special snack
42. Tic-__-Toe
43. Associations [abbr.]
44. Administered, as medication
46. Healed
47. Annie Lennox hit: "No ___ Love You's"
51. Saint Joseph's __ (Montreal church/tourist attraction on Mount Royal)
53. Famous hotel in Ottawa, Fairmont __ Laurier
55. Big noise
56. Scoundrel
59. "Fame" (1980) star Irene
60. Norwegian, for one: 2 wds.
63. Portland, __.
64. Clue
65. Ebb and neap
66. Agile or lively
67. Compass dir.
68. Purges

Down

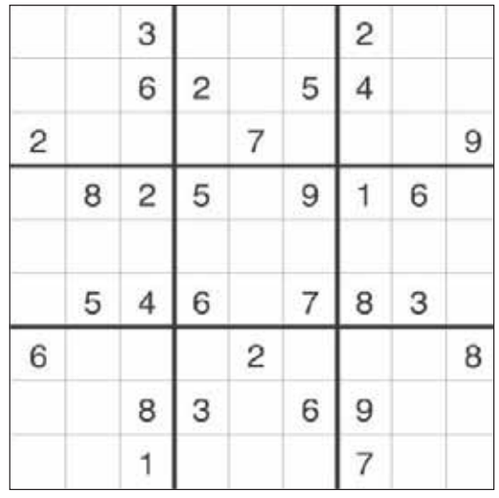
1. Old El Paso kit component
2. Tehran's land
3. Whoopi Goldberg's job on "The View"
4. Yore
5. Most cunning
6. Day: Spanish
7. Pre-Confederation: Premier of the Province of Canada, from 1854 to 1856, Sir Allan __ (b.1798 - d.1862) ...also the great-great-great grandfather of Prince Charles' wife Camilla
8. Pepsi competitor
9. Like Romaine lettuce
10. Nimble
11. Low point
12. Mr. Trebek's
14. Gab
17. Sault __. Marie, Ontario
22. Go from bottom back up __ __
24. Sound off
25. Informant
27. Beast of burden
28. Store section, shortly
30. Mr. Clapton
32. __-Rooter
34. Scent
35. Get to BC's coastal islands from the mainland by way of one: 2 wds.
36. Greenish hue
38. The Beatles' "Sexy __"
39. Tried some: 3 wds.
40. '60s hallucinogenic
45. Manitoba town
46. Bill Haley's backups
47. Doctor on "Star Trek"
48. Family in "Gone with the Wind" (1939)
49. More unique
50. Story, in a house, in French
52. Thanks, to Brits
54. Patient's pain
57. Afresh
58. D'Urbervilles heroine
61. Feminine 'one' in French
62. Sass

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

1	2	5	7	4	9	3	8	6
9	7	6	3	8	2	4	1	5
3	4	8	1	5	6	2	7	9
5	8	1	4	2	3	6	9	7
2	9	3	5	6	7	8	4	1
4	6	7	9	1	8	5	2	3
6	5	9	8	7	4	1	3	2
7	1	4	2	3	5	9	6	8
8	3	2	6	9	1	7	5	4

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23°/16°
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Check the 14 day trend.
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